

Maryland SHIP "Health Action" Newsletter

September 20, 2013

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Join the Baby Buggy Walk in the Park to Improve Infant Health



On Saturday, September 21, 2013, hundreds of people are expected to converge on Druid Hill Park in Baltimore, MD, to raise awareness about prenatal health during the second annual Baby Buggy Walk in the Park. The Baby Buggy Walk, developed by **Baltimore Healthy**

Start, Inc., empowers women of reproductive age and new mothers to take charge of their health and the health of their children through education. While enjoying a fun-filled day in the park, families learn about eating right, making time for exercise, health-related resources in their own communities and how all of these elements work together to give their babies a better start in life.

Baltimore Healthy Start and the U.S. Office of Minority Health and other state and local health officials are hosting the event. The walk, part of a nationwide campaign to mark Infant Mortality Awareness Month, features a 1.5-mile stroll and activities promoting health, wellness and fitness. Activities for adults and children will include nutritious cooking demonstrations, jump rope contests, arts and crafts, music and more.

Click [here](#) for more information.

View the **SHIP measure** and **tools** for reducing infant deaths.

View the **SHIP measure** and **tools** for reducing low birth weight.

Expansion of Maternal, Infant and Early Childhood Home Visiting Services



The DHMH Office of Family Planning and Home Visiting has been

awarded a two year \$6.4 million grant from the Health Resources and Services Administration (HRSA) for expansion of the Maternal, Infant and Early Childhood Home Visiting Program (MIECHV). The aim of the grant is to expand the availability of home visiting programs to improve outcomes and reduce health and developmental disparities for at-risk expectant families and families with young children.

Key goals of the Maryland MIECHV Program are to reduce infant mortality, improve maternal and child mental health, and promote school readiness. Maryland intends to use the funding to expand the availability of home visiting programs in areas of greatest need in the state and to strengthen the infrastructure to support these programs. Plans also include working with local universities and others to establish a training institute for home visitors, developing a home visiting management information system, conducting quality improvement processes, and evaluating program activities.

Click [here](#) to read the press release.

View the [SHIP measure](#) and [tools](#) for reducing infant deaths.

View the [SHIP measure](#) and [tools](#) for increasing kindergarten readiness.

Upcoming Webinar: The "Stepping On" Program Reduces Falls



Falls are costly both in dollars and in the loss of well-being for older people. Research has shown that even if a fall does not cause any injuries, it can cause a fear of falling or loss of confidence. This fear leads many older people to limit their activities. It may result in reduced mobility and loss of physical conditioning, further increasing the risk of falling. Approximately 90% of fall-related deaths and 70% of fall-related, in-patient hospital stays involve people ages 65 and older.

On Thursday, September 26, 2013, at 3:00 p.m. EDT, the National Council on Aging is hosting a webinar discussing an overview of the community-based, small-group falls prevention workshop "Stepping On". The program meets the Administration on Aging's highest-level criteria for evidence-based programs and is complementary to other evidence-based programs. The program helps reduce falls and build confidence in older people to undertake everyday activities safely. Presenters will share how innovative practices in Wisconsin assure sustainability of

evidence-based programs through partnerships with the Wisconsin Institute for Healthy Aging, the Wisconsin Bureau of Aging and Disability Resources, the aging network throughout the state, and other community partners.

Click [here](#) to register for the webinar.

Click [here](#) for information about the "Stepping On" program.

View the [SHIP measure](#), [tools](#) and [issue brief](#) for decreasing fall-related deaths.

National Gay Men's HIV/AIDS Awareness Day



DHMH will observe **National Gay Men's HIV/AIDS Awareness Day** (NGMHAAD) on Friday, September 27 by providing stigma free opportunities for Men Having Sex with Men (MSM) to receive HIV testing services, education, and linkage to care. As of December 2011, nearly 28,200 Marylanders were diagnosed and living with HIV/AIDS.

Approximately 30.1% of the people who tested positive said they believe they became infected through MSM, and 24% of the adult/adolescent cases in Baltimore City indicated exposure via MSM.

Local HIV testing efforts led to the identification of 1,311 newly diagnosed cases in Maryland in 2011. Of those diagnosed, 52% were MSM; 67% of the MSM were African American; and 51% of the MSM were between the ages of 20 and 29 years. MSM exposures were the leading cause of HIV cases from 1981 to 1987, and from 2009 to the present.

DHMH's Infectious Disease Bureau will host a Community Forum to address HIV testing, care and treatment services available for young MSM. The event will be held at the Enoch Pratt Central Library located at 400 Cathedral St. in Baltimore from 2 p.m. to 4 p.m. on September 27, 2013.

In observance of NGMHAAD, DHMH will also unveil a new HIV testing site locator mobile app and support free HIV testing. To locate a testing site in your area, text your local ZIP code to KNOWIT (566948), or click [here](#).

View the [SHIP measure](#) and [tools](#) for reducing new HIV infections among adults and adolescents.

News from the Office of Primary Care Access

Upcoming Webinar

On September 30, 2013 from 2:00 p.m. to 3:00 p.m. EDT, the National Organization of State Offices of Rural Health will host the Integrating Primary Care and Public Health Learning Community webinar. The webinar will cover issues and concerns relating to the integration of primary care and public health. To join the call dial, [877-668-4493](tel:877-668-4493), and enter the access code, 660 498 220, when prompted.

Have you Registered for the Rural Action Assembly?

On October 16-18, 2013, The Maryland State Office of Rural Health (SORH), the Rural Maryland Council (RMC) and the Maryland Rural Health Association (MRHA) are hosting a conference focused on defining key issues for Maryland's rural communities. Through the integration of key rural stakeholders, the goal is to work towards creating sustainable rural communities and plan for the future and prosperity of rural Maryland.

Click [here](#) to register.

The State Loan Repayment Program Application Cycle is Open

The application is now posted for the State Loan Repayment Program for physicians. Primary Care physicians working for a non-profit in a health professional shortage area may be eligible. Applications are due by October 25, 2013.

Click [here](#) to learn more.
